



CHABLÉ – a new Wellness Resort

Shamanism meets Luxury

October 12 – 15, 2017 | Global Wellness Summit

Ten years in the making, Chable opened its doors just months ago and is already garnering stellar press. Chablé is a destination spa with 38 private villas all with infinity plunge pools built on 750 acres in the Mayan Jungle, just 25 minutes from Merida, Mexico. The hacienda's centerpiece is its incredible spa built around its own cenote, a natural limestone swimming hole celebrated by the Mayans as the entrance to the sacred underworld. **Chablé immediately immerses guests in the rich culture and history of the region, creating an authentic experience that harmoniously blends nature, luxury and an unmistakable sense of place. Every aspect in the development of Chablé has been carefully planned and executed to honor the history of the property and the ancient Mayan culture.**

Thursday, October 12

Enjoy a leisurely morning at The Breakers. Then make your way to Miami International Airport for the short two-hour flight to Merida, Mexico. Select from American Airlines at 12:45p which arrives at 2:04p or AeroMexico at 3:10p arriving at 4:25p. (note: flights are subject to change)

Upon arrival we will be met for our transfer via private van. Welcome to Chablé !



Chablé Resort & Spa

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<http://chableresort.com/contact>

3 – 5:30p Check-in and make yourself at home. Chablé features 38 stand-alone pool villas with outdoor showers, hammocks, and large outdoor living rooms. All villas feature modern touches incorporated with Mayan architecture - warm woods and original 19th century walls of the working hacienda are what make Chablé a work of art.

We invite you to relax and listen the sounds of the birds and smell of nature in this amazing setting.

7:30p This evening we will meet for a cocktail reception and special welcome ceremony with Rocco Bova, General Manager and a representative of HAMAK Hotels who operate Chablé followed by Dinner at Ki'ol Restaurant.

Chablé's culinary offer was designed by the acclaimed Chef Jorge Vallejo, who was recently awarded as the #12 best Chef in the world, and #1 in Mexico, by the "World's 50 best restaurants".

Under his leadership, Luis Ronzón our Executive Chef enhances the gastronomic experience at our three restaurants – Ixi 'Im, Ki 'ol & the Spa Restaurant- which is based on organic & seasonal cuisine mostly sourced from the on-site traditional Mayan Gardens.

As a special treat, Chablé has arranged an evening performance featuring the Jarana Yucatecan dancers to introduce us to the culture of this beautiful región.

Friday, October 13



Sleep-in this morning, relax in your beautiful villa and enjoy a piping hot pot of coffee or tea which will be delivered directly to your outdoor living room at a time that's convenient for you.

7 – 10a Breakfast at Ki'ol Restaurant

Today you may select from Chablé's list of wellness and fitness activities such as Zen Meditation, Yoga, Pilates, Combat Fitness, running club and many more!

And of course you will want to experience the retreat's crowning jewel - its world-class spa beside a "cenote," a natural wonder unique to the Yucatan

and considered sacred by the Mayans. The spa's philosophy draws from this ancient culture, offering a wide range of

Mayan-inspired spa treatments that harness the power of Mérida's ancient techniques and ingredients, alongside modern amenities.

The spa features 14 private treatment rooms all with views of the cenote with outdoor showers, a steam room, a sauna, a salt cabin and a floatarium. In addition, the facility offers guests warm and cold whirlpools, a water circuit with varying types of shower pressures, a relaxation area and a pool. Guests will also enjoy access to the library, yoga/meditation room and a juice and snack bar. A garden kitchen is available for guests interested in learning about and preparing their own aromatherapy.

The spa menu features many unique Mayan Shamanic Rituals which you may want to try.

Chable also offers group activities that draw upon the local indigenous practices. These may include Textile Workshops, cooking classes, a "chocolate Interaction" where you learn the traditional method of chocolate making from roasting the beans through rolling them to a thick paste that becomes an amazing culinary treat, to a Hand-Craft Activity with local artisans.

Lunch is at your leisure.

8p This evening join us for a special dinner under the stars by Chable's magical tree in the Hacienda garden. The view of the stars and the warm night air makes for the perfect backdrop to dine on the organic, fresh cuisine lovingly prepared by Chef Luis. Carmelina Montelongo who runs the spa will join us this evening and share more about Chable's philosophy towards wellness.

Saturday, October 14

Good morning. As you awake to the beautiful, warm sunshine of the Yucatan, relax and soak in nature while sipping tea or coffee in your hammock.



8:15a This morning we encourage you to experience the special Kanches Ceremony. At the heart of Chablé is a traditional Maya garden, recreating harvesting techniques that have not been used in over a century.

The garden consists of raised garden beds made from local woods, and constructed using no man-made elements. Each bed is filled with organic soil and seeds harvested through traditional Maya methods by Chable's resident Maya horticulturist. Upon request, guests will have the opportunity to partake in the gardening process during their stay.



7 – 10am Breakfast at Ki'ol

Today is your own to fill as much or as little as you like. Spend time in the spa where Chable's curated selection of spa treatments are entwined with traditional ritual elements and advanced therapeutic modalities, immediately leading our guests into a world of ceremony for the soul and indulgence for the senses. The Spa treatment menu provides three distinct themes that inform and enhance each therapeutic journey by bringing into focus the location, the culture, and the desired transformation.

The Spa Menu is structured to allow guests to create an experience based on each theme and personalize their Chablé Spa Journey: **Fountain of Youth "Flow"**, for a relaxing and rhythmical exploration; **Tree of Life "Balance"**, for a purifying and de-stressing experience; and **Heaven on Earth "Inspire"**, to practice heart-openings and connections.

3p For anyone who wishes to do this as a group, we will meet to swim in the cenote – it's an unforgettable part of your time here. **The Cenote** is a sacred site and source of restoration for the body and soul. Often thought to be the true inspiration for the legend of the "Fountain of Youth," cenotes are believed to have mythical powers of rejuvenation.

You may want to participate in one or more wellness and fitness classes whether it's starting your morning with a mindfulness meditation or movement meditation with Alex to working up to something more active like a bike ride with Carlos, Chable's amazing, energetic head of fitness programming. Other unique offerings include salsa dance lessons and Animal Motion which is very challenging (I could barely get through 15 minutes of this training!)

8p We meet for our last dinner as a group this evening at Ixi'im where we'll dine on Mexico cuisine with nuances of Southeastern Mexico, conceptualized by chef Jorge Vallego- owner of the restaurant Quintonil in Mexico City. You will be dazzled by the food as well as Chable's collection of Tequila which is on display and rumored to be the largest in the world! Rocco has promised to lead us on an informal tour of the collection and give us an education on the various kinds of tequila and mescal – and we may even get the chance to sample some!



Sunday, October 15

Enjoy a relaxing breakfast on your own at Ki'ol before your departure and goodbyes to this magical place.

Transfer to the Merida International Airport for your trip home wherever in the world you may be returning to. We wish you a safe journey.

Included in Pricing:

- *3 night accommodations in a Private King Casita with plunge pool or Double Casita with plunge pool*
- *Coffee & Tea served in your casita*
- *Spacious outdoor living room with sun beds*
- *Minibar which complimentary drinks*
- *Newspaper*
- *Coffee maker in your room*
- *Ipad Control Room with Stereo System*
- *Clothes press*
- *Walk-in shower*
- *Outdoor shower*
- *Breakfast daily*
- *A Special Dinner each evening (vegetarian, vegan, gluten-free and lactose-free can be accommodated)*
- *Complimentary use of the Spa's relaxation area which includes sauna, steam room, hot and cold plunge pools and more*
- *An evening performance featuring the Jarana Yucatecan dancers*
- *Group Zen Meditation and Group Animal Motion classes*
- *Choice of 4 – 6 regularly scheduled activities each day*
- *Cocktail reception on Thursday evening with the management of Chable*
- *A cenote ceremony*
- *20% % Discount off all spa treatments at the Spa – advance reservations suggested*
- *Room tax and service included*

PRICING:

\$1,554 per person - Single or Double occupancy
In a private king-bed or double-bed villa* with plunge pool

*limited # of doubles are offered. Price is exclusive of flights and r/t transfers to the airport.

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Please note: This trip is quoted in USD. For payments by credit card please add 3% merchant fee to the total. A 25% non-refundable deposit is due at time of booking. Final payment is due 30 days prior to arrival or if it is already within 30 days, then full payment is due at this time.

CANCELLATION POLICY

Cancellation up to 60 days prior to arrival
Cancellation 30-59 calendar days prior to arrival
Cancellation within 30 calendar days prior to arrival

25% of total tour price is non-refundable
50 % of total tour price is non-refundable
100% of total tour price is non-refundable

We highly recommend purchasing trip cancellation insurance www.travelex-insurance.com.

Note: itinerary details subject to change.

